



# Shirley Council on Aging

## NEWSLETTER

### JULY 2016

Volume: 8

Issue: 7

Senior Center • 9 Parker Road • Shirley, MA 01464

Tel: 978-425-1390 • Fax 978-425-1392 • email: [coadirector@shirley-ma.gov](mailto:coadirector@shirley-ma.gov)

Summer is finally here, the days are getting longer and we all have just a little more energy. If you're looking for something to do, drop by the Senior Center! We have coffee and goodies every morning and our new Cook/Dining Coordinator, Joyce Scott, is making some healthy treats and smoothies for our Café. Come join friends for coffee and conversation and sit outside and enjoy the nice weather!

If one of your goals this summer is to become more active, look no further than your Senior Center for opportunities. Besides weekly classes in Senior Fitness and Qi Gong, we are adding Line Dancing, Belly Dancing and Ageless Grace, a new class that combines brain and physical fitness that anyone can do. (Yoga class will resume in September.) See inside for details on all classes. And don't forget our **Walking Group** every Tuesday and Thursday at 9 a.m. Walking is one of the best ways to get regular exercise, anyone can do it, and walking with friends is fun!

Coming in August, speaker CC Donelan of the Brain Health and Wellness Center will be here to talk about the Memory Preservation Nutrition program for keeping your heart and brain healthy. Paint Nite is also back in August so be sure to register today as space is limited. **If you have a little extra time to give this summer, think about joining**

**our volunteer team. Give us a call or better yet, drop by!** Volunteering can help keep your mind and body active, and bring some fun and purpose to your life. Join us! Right now we need someone to be a co-leader for our new walking group. This would be someone who is willing to fill in if the leader can't be there. Give us a call if you'd like to be involved. We also need servers to help with lunch and someone to stay and help with clean up. Or maybe you'd like to be a greeter for a couple of hours a week, welcoming seniors and reminding them to sign in? Call us and learn about the possibilities and opportunities to be involved. Do something that makes you feel good!

### *Paint and Pizza Night!*

**Tuesday, August 23rd, 4-7 p.m.**



Enjoy a creative and FUN evening with friends! You don't have to be an artist to join in the fun—anyone can do it. No artistic experience is necessary. Emily from "Paint Social" will guide and assist you throughout the process.

We'll paint for awhile, break for pizza while they dry a little and go back to finish up. **Cost is \$10** and includes all paint materials, apron to protect your clothing and pizza, beverage and dessert.

**Space is limited so register today at 978-425-1390 or [coadirector@shirley-ma.gov](mailto:coadirector@shirley-ma.gov)**

*Kathryn*



### Mission Statement of the Shirley Council on Aging:

*"To serve the Seniors of Shirley with services that enhance their lives and provide for their needs."*

#### Council on Aging Staff and Members

##### DIRECTOR

Kathryn Becker

##### OUTREACH WORKER

Patrick Curtin

##### VAN DRIVERS

Bob Perry, Doug Perry

##### VAN DISPATCHER

Laurie Picinich

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Don Parker

##### VICE CHAIRMAN

Donald Reed

##### SECRETARY

Donald Reed

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MaryLou Clark, Joyce Patton, Barbara Lugin, Helen Kramer, Sandy Marcinkewicz, Joellen Sheehan, Tony Bucca

##### BOOKMOBILE

MaryLou Clark

##### CAFÉ

Barbara Perry, Fran Gray

##### MEALS ON WHEELS

William Schold, Elisabeth Dinning, Dick Eayrs, Jessica Myshrall, Rob Fleming

##### MEDICAL EQUIPMENT COORDINATOR

Hans Onsager

##### NEWSLETTER EDITOR

Doreen Quintiliani

##### SUNSHINE LADY

Joyce Patton

*The Council meets the second Wednesday of each month at 1:00 pm at the Senior Center, 9 Parker Road. Meetings are open to the Public.*

#### THANK YOU . . .

*For your contributions, donations and volunteerism. We appreciate your support.*

*We would not have Your Center without you!*

#### Vendors:

Pepsi for water, Panera for bread and bagels, Hannaford for goodies, Mitrano Removal, Turf Logic, Mark Pinard Landscaping, Village Pizza, Groton Wellness Café, Wachusett Potato Chip Co., Tiny's Restaurant and Ayottes Farm

#### Our Bagel Team:

Jim Lanteigne, Bill Dow, Bob McBrine, Bob Perry, and Marcia Sullivan

#### Program Support:

Ron & Shirley Deyo, Don Parker, Chip Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quinty, Vi Burnley, MaryLou Clark, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, Claudette Williams, Bob Steiner, Tony Bucca, Beverly Smith, Barbara Lugin, Juanita Fields, Kathy Cormier and Marianne Alexander

**Newsletter Distribution:** Ray Gagnon and Melissa Slattery

#### Donations:

Susie Joly, Christine Saball, Tony Bucca, Carolyn and Charlie Waite, Marion Wood, Bob McBrine, Chet & Maryjane Pauley, Joe Gonynor, Alice West, Susan Brown, Lauren McCarthy, James and Ann Pringle, Missy Slattery, Hans Onsager and Village Pizza

*Thanks to all who have given donations to support the Center's continuation of programs and activities.*

#### Newsletter:

Cyndi and Dan Furman, Kathryn Becker, and Doreen Quintiliani

### Café Wish List

The Senior Center is a Green Operation  
Recyclable Donations Please



Dessert Size Paper Plates  
Coffee - Folgers Decaf



#### DON'T FORGET!

No Veterans' Breakfast July and August ~ See you September 12th  
Senior Lunch ~ Wednesday, July 20th ~ 11:30 a.m.

No Senior Breakfast in July; Ice Cream Social ~ Wednesday, July 13-1pm



## Outreach Corner

**Patrick Curtin, Outreach Worker**

Telephone: (978) 425-1390

Email: [pcurtin@shirley-ma.gov](mailto:pcurtin@shirley-ma.gov)

*The mission of the Outreach Program is to make contact with senior citizens, determine their needs and interests, and to meet those needs and interests through appropriate referrals, program development and advocacy.*

Patrick can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or need help, please call Patrick at the Council on Aging office at **978-425-1390**. He is available at the Senior Center at 9 Parker Rd., Monday and Wednesday from 1pm– 5pm . All information shared is confidential.



### ***Introducing our new Outreach worker, Patrick Curtin***

Our new Outreach Worker, Patrick Curtin, will be working Mondays and Wednesdays from 1:00 - 5:00 p.m. Patrick can help find resources and information, make referrals and educate seniors on a variety of topics. Patrick loves working with Elders. He is a college student at Merrimack College, studying healthcare administration and he is also a student at U-Mass Boston, studying Gerontology. Other skills include being a Licensed Emergency Medical Technician ( EMT-B) and a Notary Public. When Patrick isn't working, he loves the beach and Cape Cod!

*If you have any questions or you would like to contact him,*

please call (978)-425-1390

or email him at [pcurtin@shirley-ma.gov](mailto:pcurtin@shirley-ma.gov).

***Please welcome our new friend Patrick to the Shirley Council on Aging by stopping by to say hello!***

## **NEWS FROM SHINE**

**Our SHINE Counselor will be available  
by appointment on July 14 ~ Call us at 978-425-1390**

### **WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?**

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

### **IMPORTANT INFORMATION**

ALWAYS REMEMBER THAT IF YOU ARE TURNING 65, YOU SHOULD CONTACT SOCIAL SECURITY TO ENROLL IN MEDICARE. **MEDICARE ELIGIBILITY HAS NO CONNECTION TO YOUR ELIGIBILITY FOR SOCIAL SECURITY BENEFITS.** ALSO, COVERAGE FROM THE HEALTH CONNECTOR DOES NOT EXEMPT YOU FROM THIS REQUIREMENT TO ENROLL IN MEDICARE, **AS YOU WILL LOSE YOUR HEALTH CONNECTOR SUBSIDY WHEN YOU TURN 65.** IF YOU HAVE ANY QUESTIONS, YOU SHOULD CONTACT YOUR SHINE REGIONAL OFFICE AT 1-800-243-4636 OPTION #3.



### ***The Choice Café***

The Choice Café is a congregate meal prepared by the Montachusett Opportunity Council that is “**Light and Nutritious**” - perfect for the warmer months ahead. There is a voluntary donation of \$3.00 requested.

Unlike our regular lunch, you **MUST CALL AHEAD** to

reserve a meal. Call us by Monday at 10 a.m. to reserve for the following Wednesday lunch or just sign up here at the Senior Center. Come enjoy a nutritious meal with friends at a low price!

**July 13th menu is:** Ham Salad, Kidney Bean Salad, Beet Salad

**July 27th menu is:** Chicken Breast with Red Pepper Pesto, New Mac Salad, Peaches

## **NUTRITION FOR BRAIN HEALTH**



### **Memory Preservation Nutrition**

**Speaker: CC Donelan**  
**Director of Education and Wellness**  
**at the Brain Health & Wellness Center**  
**August 30th at 6 p.m.**

*Brain-Healthy snacks will be served*

The unique and evidence-based Memory Preservation Nutrition (MPN) program is based on scientific evidence and is heart healthy and brain healthy. This program is one of four components of lifestyle changes that are very encouraging and indicate that the right kind of nutrition—rich in antioxidants and anti-inflammatory nutrients—can slow oxidation and other destructive processes that can cause various diseases, including Alzheimer’s.

Please register at 978-425-1390  
or [coadirector@shirley-ma.gov](mailto:coadirector@shirley-ma.gov)

### **Senior Info July 18th at 9 a.m.**

**“5 Wishes” by Nashoba Nursing and Hospice**  
*Changing the way we talk about  
and plan for care at the end of life.*

**...so what are the Five Wishes**

**My Five Wishes are:**

1. Who I want to make care decisions for me when or if I am not able
2. What kind of medical treatment I do or don’t want
3. How comfortable I want to be
4. How I want people to treat me
5. What I want my loved ones to know



### **Free Demo Class July 14th at 11 AM**

***Instructor: Maria Skinner***

**\*\*FREE 4-Week Session\*\***  
**August 4, 11, 18, 25 at 11 AM**

Ageless Grace is an anti-aging fitness program for body AND brain based on the science of neuroplasticity. Each of the 21 simple tools focus on the healthy longevity of the body, mind, emotions and spirit. It’s a creative, lively chair-based class set to upbeat popular music with natural moves (no choreography to learn).

It’s for baby boomers, all ages and abilities of seniors and those with weight, joint, diabetes, MS and other challenges, as well as those in wheelchairs or with other physical limitations! This class is for anyone at any age who is interested in aging gracefully using timeless anti-aging techniques for the body and brain that almost anyone can do!™

***It’s Never Too Late to Begin.***  
***It’s Never Too Early to Start!***

Please register at 978-425-1390  
or [coadirector@shirley-ma.gov](mailto:coadirector@shirley-ma.gov)

## VETERANS' CORNER

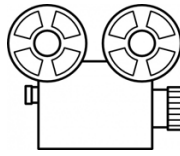
*...from Mike Detillion,  
Shirley Veterans' Officer*

The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

For an appointment:  
**Call: 978-425-2600 x280**  
**Appointments: Anytime**

**Office Hours: Monday evenings  
5:00 – 7:00 p.m.  
at the Town Office Building**

**Benefits:** All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter assistance, and burial assistance.



## Pizza & a Movie

**@ Your Senior Center**



### The Martian

**Wednesday, July 6th @ 11 a.m.**

Cost: \$2.00

**Director:** Ridley Scott

**Starring:** Matt Damon, Jessica Chastain  
Kristen Wig

An astronaut becomes stranded on Mars after his team assumes him dead, and he must rely on his ingenuity to find a way to signal earth that he is alive.

### Ladies in Lavender

**Wednesday, August 3rd @ 11 a.m.**

Cost: \$2.00

**Director:** Charles Dance

**Starring:** Maggie Smith, Judy Dench,  
Daniel Bruhl

"Ladies in Lavender" assembles those two great Dames, Judy Dench and Maggie Smith, and sends them off to play sisters sharing a cozy little cottage on the Cornwall coast.



## OLD FASHIONED Ice Cream Social



**July 13th at 1 p.m.**

*Oldies Music by:  
Jodie Rachman and her band*

Please register at 978-425-1390 or [coadirector@shirley-ma.gov](mailto:coadirector@shirley-ma.gov)

## SIGN UP NOW!

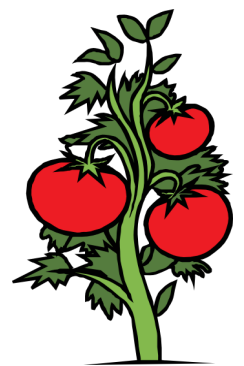
**To take part in our  
Senior Center Garden**

*Share the work!*

*Share the fun!*

*Share the food!*


Call 978-425-1390 or [coadirector@shirley-ma.gov](mailto:coadirector@shirley-ma.gov)



Nashoba Nursing Service & Hospice  
Nashoba Associated Boards of Health  
Your COMMUNITY, Your CHOICE Since 1931

**Blood Pressure Clinic**

**Thursday, July 14th from 9:30-10:30 a.m.**



## Senior Lunch

**Wednesday, July 20th  
11:30 a.m.**



Sponsored by:  
**The Friends of Shirley Seniors**  
*No reservations necessary*

### Weight Loss Group - July 19th at 1 p.m.

Are you trying to lose those extra pounds you gained over the winter or have you reached your goal and are striving to maintain your loss? Join a group of people who are looking to each other for support in this endeavor. There will be no specific diet(s) recommended, only what has been working for you.

We will share the latest research and advice to get the weight off and keep it off. Research shows that support is an important factor in weight management. Join us for great discussions and support.

**SIGN UP: Call 978-425-1390**

**COADirector@shirley-ma.gov**

**Or stop in!**



**Notary  
Public**

### Notary Public

*Available at the Senior Center*  
**Patrick Curtin - Outreach Worker**

**Available Monday and Wednesday 1-5**  
Please call 978-425-1390



## Line Dancing for Fun and Health!

Instructor:

Joyce D'Aguano

**Starts July 7th at 2:00 p.m.**

Cost: \$40/8 week session

Please register at 978-425-1390

or coadirector@shirley-ma.gov

## Walking Group for Seniors

Is one of your goals this spring to get in better shape? Walking is one of the best ways to get regular exercise and anyone can do it. Walking with a group can help motivate you to stick with an activity program, and walking with friends is fun! Join us!

**Every Tuesday and Thursday morning at 9 a.m.**

***Get a FREE pedometer to count your steps!***

**Fair weather walking only - No rainy days**

*Meet at the parking lot by Taylor Athletic Fields  
(off Hospital Road). Wear comfy shoes, bring water  
and your cell phone (if you have one).*



## Make a Flower Arrangement

Using a mug or small container!

Materials supplied

Instructor: Jackie Belli

**July 6 at 9:30 a.m.**

No Cost

Please register at 978-425-1390

or coadirector@shirley-ma.gov

## ***Belly Dancing for Fun and Fitness*** **Summer Session begins July 11th at 9:30 AM**


Belly Dancing is back this summer! Instructor Gypsy Phil-lips is in her 70's and has almost four decades of experience teaching belly dancing to all ages. She says that it's a wonderful exercise for older people. "Learning steps helps to improve memory and the movement works out the aches and pains." And you don't have to have a super-model body for this. Gypsy says: "This is for real people to dance and enjoy themselves. We laugh all through the class!" Come give it a try and have some fun!

Summer Session classes will run from **July 11th—August 29th at 9:30 a.m.** Session cost is \$40. Sign up at the Senior Center, call 978-425-1390 or email coadirector@shirley-ma.gov.

Café Open Mon.-Thurs.  
from 9AM to Noon

July 2016

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>DROP IN CAFÉ</b> Mon.-Thurs. 9 AM to NOON	<i>For a SHINE Appointment Call 978-425-1390</i>			1 Closed	2
3	4 CLOSED 	5 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	6 8:45-9:45 Senior Fitness 9:30 FLOWER ARRANGING 11:00 PIZZA & A MOVIE "The Martian" 1:00 Bingo	7 9:00 Walking Group 2:00 Line Dancing	8 Closed	9
10	11 9:30 BELLY DANCING 11-12 Qigong 1-4 Card Game Time	12 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring 1:00 "Let's Talk" Discussion Group	13 8:45-9:45 Senior Fitness 10:00 COA Meeting 11:30 Choice Café 1:00 ICE CREAM SOCIAL Oldies Music with Jodie Rachman	14 9:00 Walking Group 9:00 SHINE 9:30-10:30 Blood Pressure 11:00 AGELESS GRACE Demo 2:00 Line Dancing	15 Closed	16
17	18 9-10 SENIOR INFO "5 Wishes" 10:00 BELLY DANCING 11-12 Qigong 1-4 Card Game Time	19 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring 1:00 Weight Loss Group	20 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:30 SENIOR LUNCH 1:00 Bingo	21 9:00 Walking Group 2:00 Line Dancing	22 Closed	23
24	25 No Senior Breakfast 9:30 BELLY DANCING 11-12 Qigong 1-4 Card Game Time	26 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	27 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:30 Choice Café 1:00 Bingo	28 9:00 Walking Group 2:00 Line Dancing	29 Closed	30/31